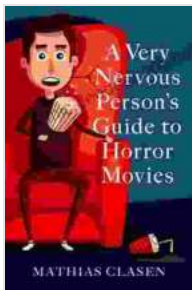


A Guide to Horror Movies for the Very Nervous

Are you a horror movie fan who gets scared easily? If so, you're not alone. Millions of people enjoy the thrill of being scared, but for some, the experience can be too intense. If you're one of those people, don't despair! There are still plenty of horror movies that you can enjoy without having to worry about being too scared.

Here are a few tips for choosing horror movies that are right for you:



A Very Nervous Person's Guide to Horror Movies

by Annie Hartnett

★★★★☆ 4.4 out of 5

Language : English
File size : 11538 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 205 pages
Lending : Enabled



- Start with something tame. Don't jump into the deep end with a hardcore horror movie. Instead, start with something that's more mild and gradually work your way up to more intense films.
- Read reviews before you watch a movie. This will give you an idea of what to expect and whether or not the movie is too scary for you.

- Watch with a friend. Having someone to watch with can help you feel more comfortable and less scared.
- Take breaks. If you're feeling overwhelmed, don't be afraid to take a break from the movie. You can always come back to it later.

Now that you know how to choose horror movies that are right for you, here are a few recommendations to get you started:

- **The Conjuring (2013)**: This supernatural horror film follows a family who moves into a haunted house. The movie is scary, but it's not too graphic or violent.
- **Insidious (2010)**: This psychological horror film follows a family whose son is possessed by a demon. The movie is creepy and atmospheric, but it's not as scary as some other horror films.
- **The Babadook (2014)**: This Australian horror film follows a widowed mother and her troubled son. The movie is psychological and allegorical, and it's more about the characters than the scares.
- **A Quiet Place (2018)**: This science fiction horror film follows a family who must live in silence to avoid being hunted by creatures that are attracted to sound. The movie is suspenseful and thrilling, but it's not too scary.
- **Hereditary (2018)**: This psychological horror film follows a family who is haunted by a dark secret. The movie is disturbing and unsettling, but it's also one of the best horror films in recent years.

These are just a few of the many horror movies that are available for people who get scared easily. So if you're looking for a good scare, but

don't want to be too scared, check out one of these movies.

Tips for Watching Horror Movies If You're Scared

If you're really scared of horror movies, there are a few things you can do to make the experience more enjoyable:

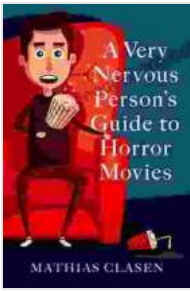
- **Watch during the day.** Watching a horror movie in the dark can make it more scary.
- **Use a night light.** If you're watching a movie at night, use a night light to keep the room from being too dark.
- **Cover your eyes during the scary parts.** If you're feeling overwhelmed, don't be afraid to cover your eyes during the scary parts.
- **Remind yourself that it's just a movie.** It's important to remember that horror movies are just fiction. They're not real, and they can't hurt you.

With these tips, you can enjoy horror movies without having to be too scared. So what are you waiting for? Grab some popcorn and get ready to be scared!

Additional Resources

* IMDb: Top 10 Horror Movies for Beginners * Rotten Tomatoes: Best Horror Movies * Metacritic: Best Horror Movies

[/html]

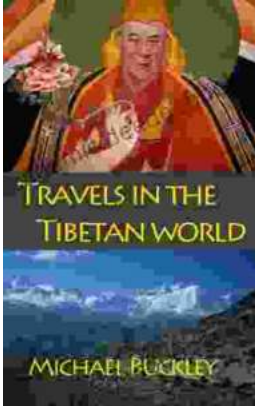


A Very Nervous Person's Guide to Horror Movies

by Annie Hartnett

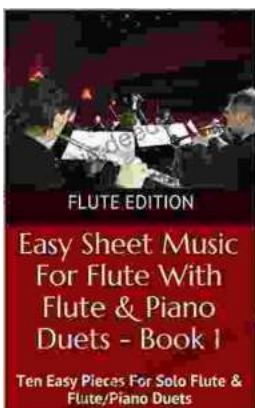
★★★★☆ 4.4 out of 5

Language : English
File size : 11538 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 205 pages
Lending : Enabled



Travels In The Tibetan World: An Odyssey of Culture, Spirituality, and Nature's Embrace

A Tapestry of Ancient Culture and Living Traditions ...



Ten Enchanting Pieces for Solo Flute and Flute-Piano Duets: A Journey through Musical Delights

Embark on a musical voyage with these captivating pieces for solo flute and flute-piano duets, carefully curated to inspire, challenge, and delight aspiring flautists. From...

